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Huddle.care

Core Values

Expectations for everyone

01

Respect

We assume goodness, worthiness, and importance within ourselves and others. We honor each other's worthiness by treating each other respectfully.

02

Responsibility

We've decided to take helpful action towards improving our mental health. Our suffering is not our fault, but it is our responsibility to respond to it as best as we can.

03

Integrity

When we act with integrity, we are accountable to our behavior. We are honest with ourselves and others about what we do. We strive to live by our values more often over time.

04

Curiosity

Rather than avoiding our internal experience, we choose to take a curious stance. Observing our thoughts, feelings, and behaviors curiously is our alternative to criticism and shame.

05

Openness to Experience

Our suffering is maintained by how we resist what we experience. We choose to adopt an open stance towards ourselves and others, even if it feels vulnerable or painful.

06

Courage

We recognize that our biggest opportunities for growth are often the most uncertain and anxiety-provoking. We take the leap of faith into the unknown together.

07

Privacy

Maintaining a safe and support environment is foundational to the community's success. We use first names and refrain from sharing identifying details to uphold privacy.

08

Compassion

As we suffer together, we feel motivated to care for one another and relieve the suffering. Feeling compassion for others creates and strengthens our self-compassion.

09

Altruism

Our natural instincts are cooperation, not competition. Responding compassionately to each other makes us feel efficacious and helps us clarify how to treat ourselves.

10

Collective hope

Resilience lies in collective hope. We hold the hope for each other and choose to believe that each members can and will recover, even if it doesn't always feel that way.